



Breast Cancer Resources

The following is a list of resources that our patients have used and recommended through the years. None of the resources are required, but may be beneficial for you during this time. Please contact us if you have any questions or trouble with contact information.

Recovery Items:

Mastectomy Recovery Shirt

[RenovaMedicalWear](#) on Etsy or Amazon

- ❖ Buttons in the front for easy removal.
- ❖ Fasteners on the sides to securely hold drainage tubes in place.
- ❖ Four separate pockets on the inside of the shirt for holding drains.

Surgical Bra

[Elizabeth Pink Surgical Bra](#)

- ❖ Soft fabric providing proper support and compression.
- ❖ Adjustable side openings to prevent pinching of drain tubing.
- ❖ Attached rings to allow for safe and easy management of drain bulbs.
- ❖ Size XS – 7XL

Drain Pouch for Shower

[Yesito Mastectomy Drainage Pouch](#) on Amazon

- ❖ Holds drains safely while in the shower.

Wedge Pillow

[InteVision Foam Bed Wedge Pillow](#)

- ❖ Provides comfort while sleeping on the back.
- ❖ Allows easier movement from laying down to standing.

Mastectomy Post-Op Chest Pillow

[Pink Pepper Co](#)

- ❖ Provides a buffer from seatbelts and comfort while sleeping.

Bras, Wigs, Prosthetics, etc.:

[Cheryl's Health Boutique](#)

- ❖ Requires an appointment.
- ❖ This boutique carries a large variety of prosthetics, bras, bathing suits, lymphedema garments, wigs, hats, caps, and much more geared towards women who have or have had breast cancer and surgery.

Cheryl Hoyt
15200 Shady Grove Rd, Suite 106
Rockville, MD 20805
Phone: 301-330-1084

[Claudia Mayer/Tina Broccolino Cancer Resource Center at Howard County General Hospital](#)

- ❖ Offers hope and support to cancer patients, families, and caregivers.
- ❖ Services include resource navigation, nutritional counseling, wig consultation, acupuncture, massage, counseling and support groups.

11065 Little Patuxent Pkwy, Suite 150
Columbia, MD 21044
Phone: 410-740-5858
Christina Miller, LCPC, OPN-CG
Manager

[Fittings by Michele](#)

- ❖ Requires an appointment.
- ❖ This boutique carries a large variety of prosthetics, bras, bathing suits, lymphedema garments, wigs, hats, caps, and much more geared towards women who have or have had breast cancer and surgery.

Main location:

108 Chelsea Grove Court
Pasadena, MD 21122
Phone: 410-255-0800
Fax: 410-255-3522
Right Side Entrance

Satellite Locations:

FMH Crestwood
7211 Bank Court, Suite #150
Frederick, MD 21703

Richard A. Henson Cancer
Institute Ocean Pines
Peninsula Regional Medical
Center
11105 Cathage Road
Berlin, MD 21811

Richard A Henson Cancer
Institute
Peninsula Regional Medical
Center 2nd Floor
100 East Carroll Street
Salisbury, MD 21801

Perfect Fit by Maria

305 Hospital Drive – 2nd Floor

Tate Center

Glen Burnie, MD 21061

Phone: 410-553-0275

Email: info@perfectfitbymaria.com

The Boutique – Salon and Wellness Center

Pavilion West

6569 N. Charles Street, 3rd floor

Towson, MD 21204

Phone: (443) 849-8700

Caring Touch Medical, Inc.

130 Holiday Court, Suite 101

Annapolis, MD 21401

Phone: (410) 571-6752

Email: caringtouchmedical@comcast.net

2205 York Road, Suite 103

Lutherville-Timonium, MD 21093

Phone: (410) 308-8801

Sinai Hospital of Baltimore

Alvin & Lois Lapidus Cancer Institute

2401 W. Belvedere Avenue

Baltimore, MD 21215

Phone: (410) 601-4725

Health South Rehabilitation Hospital

220 Tilghman Road

Salisbury, MD 21804

Phone: (410) 571-6752

St. Joseph Medical Center

7501 Osler Drive, Suite 203

Towson, MD 21204

Phone: (410) 337-1081

Carroll Hospital Wellness Boutique

200 Memorial Ave

Westminster, MD 21157

Phone: (410) 871-7000

Physical Therapy & Massage:

[NOVACARE Rehabilitation](#)

- ❖ Multiple locations in DC, MD, and VA

Phone: 410-904-6500

Email: ReVitalmddc@novacare.com

[Jill Nelson, BS, LMT, CLT](#)

- ❖ Specializes in lymphatic massage. Call for an appointment and location information.

Kensington Parkway

Kensington, MD 20895

Phone: 240-347-1560

[Stephanie Miller PT, DPT](#)

- ❖ Specializes in cancer rehabilitation and lymphedema.

MedStar National Rehabilitation Network

6410 Rockledge Drive, Suite 600

Bethesda, MD 20817

Phone: 240-747-8361

[Washington Institute of Natural Medicine](#)

Victoria Goldsten, LMT, LPN

Locations in DC, MD, and VA

Phone: 202-686-8202

Phone: 301-538-9540

[Feeling Whole Again](#)

- ❖ Specializes in nipple prosthetics.

Phone: 801-997-0545

Cold Caps for Chemotherapy:

- ❖ [Paxman Scalp Cooling](#)
- ❖ [The Rapunzel Project](#)
- ❖ [Penguin Cold Caps](#)

*These websites offer information about what cold cap therapy is, different types of caps, methods for freezing, freezer locations, testimonials, and much more.

Coloring Book:

[My RX Coloring Book](#)

By Beth Kaufman

Nipple Tattoos:

[Little Vinnies Tattoos](#)

The Vinnie Myers Team

2025 Suffolk Rd

Finksburg, MD 21048

Phone: 410-876-4638

Custom-made Prosthetic Nipples:

[Pink Perfect](#)

Phone: (646) 415-9120

Email: info@pink-perfect.com

Mental Health Resources:

[The Meisel Associates](#) – Deborah G. Meisel, MSW, LICSW, LCSW-C

Phone: 301.919.1884

Email: Deborah@dmeisel.com

- 15 years of working with women with cancer & their families while addressing the emotional challenges of a cancer diagnosis
- Clinical Social Worker & Licensed Mental Health Professional

Other:

[Mercy Hospital](#)

[The Weinberg Center for Women's Health and Medicine](#)

227 St. Paul Place

Baltimore, MD 21202

Phone: (410) 332-9859

Hours: Mon-Fri 9am-4pm

Lymphatic Massage

Resources:

Maryland

[ReNew Therapeutic Massage](#)

6263 Executive Blvd
North Bethesda, MD 20852
Phone: (301) 230-6555

[Integrative Therapies](#)

10410 Kensington Parkway
Kensington, MD 20895
Phone: (240) 347-1560

[Massage Advanced Spa](#)

821 Hungerford Drive
Rockville, MD 20850
Phone: (240) 907-1672

[Washington Institute of Natural Medicine](#)

Locations in DC, MD, and VA
Phone: (202) 686-8202
Phone: (202) 237-7681

[Black Bella DC](#)

7375 Executive Place, Suite 180
Lanham, MD 20706
Phone: (202) 646-0411

[Indulgence Health](#)

3046 Mitchellville Road
Bowie, MD 20716
Phone: (240) 334-2780

[Miracles Massage](#)

300 Heather Lane
Pasadena, MD 21122
Phone: (347) 729-2755

[Seeded in Wellness](#)

1328-B Reisterstown Road
Pikesville, MD 21208
Phone: (410) 805-3759

Virginia

[Aikana Esthetic Center](#)

6569 Edsall Road
Springfield, VA 22151
Washington, DC 20011
Phone: (703) 655-8253

[Feeling Great Massage Therapy](#)

370 Maple Ave West, Suite 2
Vienna, VA 22180
Phone: (703) 663-8600

[The Teal Center for Therapeutic Bodywork](#)

4001 9th St North, Suite 230
Arlington, VA 22203
Phone: (703) 522-7637

[Alexandria Myotherapy, Inc.](#)

333 North Fairfax St, Suite 303
Alexandria, VA 22314
Phone: (703) 548-2270

[Dynamic Integrations Wellness & Massage](#)

1305 Vincent Place
McLean, VA 22101
Phone: (703) 399-0800

[Yulli Therapeutic Healing Center](#)

8347 Greensboro Drive
McLean, VA 22101
Phone: (571) 888-5193

[Hayes Bodywork](#)

44121 E Harry Byrd Hwy, Suite 255
Ashburn, VA 20147
Phone: (703) 249-4829

[Alternative Health Associates](#)

215 N Washington Street
Alexandria, VA 22314
Phone: (703) 683-5736

DC

[Ruth's Healing Massage](#)

5506 14th St NW
Phone: (202) 704-3797

[Global Wellness Options](#)

3218 O St NW, Left Entrance
Washington, DC 20007
Phone: (540) 687-1652

[Mustard Seed Massage](#)

1108 K St NW
Washington, DC 20005
Phone: (202) 347-8200

[Deluca Massage & Bodywork](#)

2028 P St NW
Washington, DC 20036
Phone: (202) 872-5822

[Unwind Wellness - Georgetown](#)

1054 Thomas Jefferson St NW
Washington, DC 20007
Phone: (202) 333-3334

[Unwind Wellness – Adams Morgan](#)

1990 18th St NW
Washington, DC 20009
Phone: (202) 232-2232

[Georgetown Massage & Bodywork](#)

1726 Wisconsin Ave NW, 2nd floor
Washington, DC 20007
Phone: (202) 827-8064

[Qi Image Spa](#)

3106 M St NW
Washington, DC 20007
Phone: (202) 333-6344

[Eye Street Massage Therapy](#)

1634 I St NW, Lower Level 125
Washington, DC 20006
Phone: (202) 463-0987